



Soul Food . . .

*An Intensive Outpatient Eating Disorder Program
for Adult Men and Women*

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OVERVIEW

Soul Food . . . is an Intensive Outpatient Program designed for the medically stable adult men and women who is struggling with a variety of eating disorders, including Anorexia, Bulimia, Compulsive Overeating, and Binge Eating.

Clients participate in individual and group therapy as well as multi-family group and a family workshop. We use a variety of evidence based treatment models including Cognitive Behavioral Therapy (CBT) Dialectical Behavioral Therapy (DBT), Experiential Therapies, along with the 12 Step Model.

THE TREATMENT INCLUDES:

- Individualized Treatment Plan
- Continuing Care/Discharge Plan
- Coordination with Referral Source
- Individual Therapy
- Group Therapy
- Family Group & Multi-Family Group Therapy

IN ADDITION TO:

- Nutrition Session
- Education Session
- Body Image Session
- Stress Management Session
- Grief and Anger Session
- Boundary and Relationship Session
- Codependency Session
- Cross Addiction Session
- Relapse Prevention Session
- 12 Step Group Orientation
- Equine Therapy
- Meditation/Mindfulness Session
- Spirituality Session
- Yoga Session
- Therapeutic Meal Support Session

THE STAFF

Lois Jordan, LCSW, LCDC Owner/Executive Director

Lois began her work in the field of chemical dependency in 1985 as the Executive Director of the Chemical Awareness Council/Park Cities, Inc. She has appeared as a guest on The Oprah Winfrey Show in addition to other national and local TV and radio shows. In 1995, she opened Solutions Outpatient Services, an Intensive Outpatient Program for adults with substance abuse problems. Solutions has received recognition across the nation for its comprehensive Primary and Transition IOP with its commitment to treating the families, as well as the substance user.

Lois has a professional and personal commitment to the treatment and recovery of eating disorders. She is currently working towards getting her Certified Eating Disorder Specialist (CEDs).

On January 1, 2011, Lois began her own personal journey in her recovery from compulsive eating/binge eating. She continues to maintain a life style change with her recovery from overeating. She will be the first to tell you, "It's not about the food!" However, with the toxic and addictive qualities of certain foods, gaining freedom from such substances was the first and necessary first step in order to experience the other benefits of recovery.

Bonnie Kiefel, LCDC Counselor

Bonnie began her work at Solutions in 2009 as an intern for her LCDC. She has now completed her licensure and works as a contract counselor at Solutions. She brings her training and work with REMAP to our clients and families. Bonnie has a professional and personal commitment to the treatment and recovery of eating disorders as well. She is currently working towards getting her CEDs.

After struggling with Anorexia and Bulimia for 35 years, she was able to totally surrender her food, body, weight, and shape on August 17, 2004. "My recovery and focus on wholeness and wellness continues to be a priority each day." Bonnie is passionate about supporting others in their recovery from their eating disorder. She co-facilitates the Soul Food Program along with Lois Jordan.

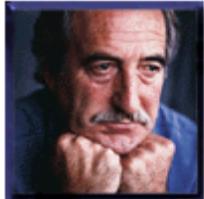
REMAP

REMAP is an effective, evidence based desensitization and exposure technique that integrates both cognitive behavioral and pscho sensory exposure methods of using self-applied pressure to acupressure points. Research at Harvard and Yale Schools of Medicine have shown that using acupressure points have resulted in profound calming effects within the sympathetic and parasympathetic systems in the midbrain. The synergetic effects of this mind/body treatment reduces or eliminates symptoms to trauma/impactful events, panic attacks, phobias, stress, and self-limiting patterns with a higher level of functioning. Bonnie Kiefel, LCDC is available to schedule individual REMAP sessions with clients.



INTERVENTIONS

Interventions are processes by which the harmful, progressive, and destructive effects of eating disorders and chemical dependency are interrupted. The person is helped to abstain from acting out in their eating disorder and/or stop using mood-altering chemicals and to develop new, healthier ways of coping with his or her needs and problems. Lois Jordan received her initial intervention training in 1983 at the Johnson Institute in Minneapolis, Minnesota and has continued to receive training over the years.



NUTRITIONAL AND MEDICAL CARE

Soul Food . . . believes in the importance of good nutritional and medical care. As an IOP, we do not directly provide these services. If clients already have a nutritionist/dietitian and a physician that understand eating disorders, we will collaborate with them for their care. However if client's don't, we will give them referrals for exceptional qualified nutritionists and medical doctors in our community, who do have a solid background in eating disorders.



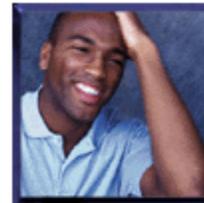
PROGRAM LENGTH, DAYS & HOURS

The question is often asked about the length of the program. The best way to describe it is that the length of the program is determined by the rate at which the client accomplishes their treatment goals.

- **PHASE I** - Usually 2-3 Months (Three Days a Week)
 - **Clients**
10 am – 2 pm Monday, Tuesday, Wednesday
7:30 – 9 pm Thursday Evening
 - **Family Members**
Tuesday – 6 pm – 7:30pm
Thursday – 6 pm to 9 pm (Multi-Family at 7:30)
- **PHASE II** – Usually 2 Months (Two Days a Week)
 - **Clients**
Two Days a Week
Thursday Evening - 7:30pm – 9pm
 - **Family Members**
Thursday Evening – 6 pm – 9 pm
- **PHASE III** – (Available to all clients & family members for as long as needed or wanted.)
 - Clients – “Aftercare” every Monday 6pm – 7:30pm
 - Alumni Association for Clients & Family Members

HOW DO I BEGIN?

To find out if you are appropriate for **Soul Food . . .** first call our office (214) 369-1155 and our office manager Deborah Huber will schedule you for a two-hour evaluation. The cost of the evaluation is \$100. It is very important for a family member or significant friend to accompany you to the appointment. Following the evaluation, the counselor will go over the results and recommendations for you. Our office will also go over the costs and possible insurance coverage. We will provide you with the necessary information to assist you in filing insurance. We will also inquire regarding coverage, benefits, and limitations of insurance coverage.



If financial adjustment or assistance is necessary, we are more than willing to discuss any possibilities with you.

OUR PHILOSOPHY

As the Big Book of Alcoholics Anonymous says, "Alcohol is but a symptom of an underlying condition. Unless we get down to causes and conditions, we will drink again." The philosophy in **Soul Food . . .** is the same. We believe the client should be treated, whenever possible, within the least restrictive environment. We know that recovery is a lifelong, day-to-day process.



This process requires hard work, commitment, self-awareness, and honesty. Many people can achieve this on an outpatient basis through a comprehensive quality program such as **Soul Food . . .** If inpatient or residential is appropriate and medically needed, a professional and responsible referral will be made.

FAMILY WEEKEND

This is without question the most important week of the client's treatment. Clients are encouraged to invite their family members who are significant in their life and to their recovery. Your counselor will discuss with you and your family the best timing for your weekend and the appropriateness of those to invite. It is usually sometime after your 6th week of treatment. All Family Weekends are scheduled on the 3rd weekend of each month.



Hours: Friday Night 6pm to 7:30pm
Saturday 9am to 5pm
Sunday 9 am to 1pm (if needed)

Family Weekend is a complete process in itself, and, therefore, individuals are not able to attend parts of it without attending the whole weekend. However, if you have questions or conflicts with being able to attend, please contact your primary counselor. We will do our best to find a solution. We ask family members to consider this weekend as the most important three days of their and their loved one's life.

BRIDGING THE GAP

Bridging the Gap Program is a unique and affordable Family Program designed to educate family members and loved ones about chemical dependency and eating disorders. It is a psycho-educational therapeutic group that explores enabling, setting boundaries, effective communication skills, relapse, denial, detachment, forgiveness, dual-diagnosis, and defense mechanisms. The group meets on Tuesdays and Thursdays from 6pm to 7:30pm. The goals of Bridging the Gap are the same as the goals of our Family Program.



AFTERCARE/CONTINUING CARE

Aftercare/Continuing Care participation is included as part of the client and family's written discharge commitment. We believe that treatment is only the beginning of recovery. Continuing care begins upon admission in the assessment and continues until discharge. Solution's counselors not only work with the client to develop a comprehensive continuing care plan, but they also facilitate the family's continuing care plan as well.



EQUINE THERAPY

Equine Assisted Psychotherapy (EAP) is an emerging treatment modality that utilizes horse-handling activities to generate powerful therapeutic metaphors that reflect their relationship with themselves, with others, and especially with their eating disorder.



If addiction is "a pathological relationship with a mood or mind altering substance and/or behavior that renders one powerless and produces harmful consequences," then it is crucial that clients learn the nature of their relationship with themselves, their eating disorder behaviors, and their Higher Power.